

October 2, 2022

Sunday after Exaltation

Galatians 2:16-20

Mark 8:34-9:1

Reader Schedule:

Sun. Oct. 2 - Joe Crescenz
Sun. Oct. 9 - Joseph Yevich
Sun. Oct. 16 - PM Marie Telepnoff
Sun. Oct. 23 - Greg Kuzmenchuk

Sun-Oct. 2 - Divine Liturgy - 9am - Hours at 8:45am

Sun-Oct. 9 - Divine Liturgy - 9am - Hours at 8:45am

Sun-Oct. 16 - Divine Liturgy - 9am - Hours at 8:45am

Sun-Oct. 23 - Divine Liturgy - 9am- Hours at 8:45am

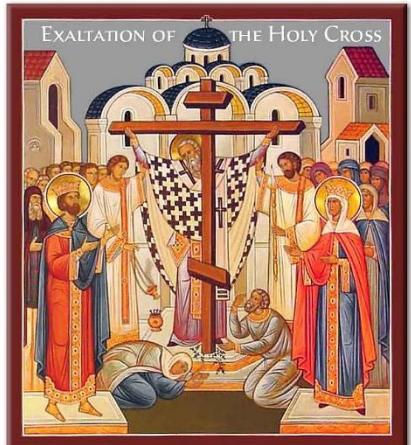
The Universal Exaltation of the Precious and Life-Giving Cross

Tropar — Tone 1

O Lord, save Your people,
and bless Your inheritance.
Grant victories to the Orthodox Christians
over their adversaries.
And by virtue of Your Cross,
preserve Your habitation.

Kondak — Tone 4

As You were voluntarily raised
upon the cross for our sake,
grant mercy to those who are called
by Your Name, O Christ God;
make all Orthodox Christians
glad by Your power,
granting them victories over their adversaries,
by bestowing on them the Invincible trophy,
Your weapon of Peace.



Prayer Corner for the Health of:

Brenda Euler, John Ruzchak, Nicole DiDomenico, Paul Domsohn, Erin Bove, Darrell Kinney, Chris Mican, Amber Curry, Sandy Knisley, Catheryn Nestorick, Michael & Dorothy Panaski, Richard Ziegler, Mary Seip, Brian Horblinski Linda Kozlowski, Michael David Gavin, Elizabeth Wadsworth..

Please **SIGN IN** at back of the Church for all Services!

BIRTHDAYS

Oct. 6 - Meghan Teijaro

ANNIVERSARIES

Sep. 26 - Subdeacon Wesley Hatch
1 year of Ordination

OCTOBER CHARITY

All Saints UOC Camp - Emlenton, PA
"Loving Water" System Project to install new water
system at the camp

Electronic Contributions:

Visit: www.all saints camp.org

PARISH BOARD MEETING

Tuesday October 18th @ 7pm in the Church Hall

23rd SOBOR of UOC of USA

October 11-14 at Metropolia Center in South Bound Brook, NJ. Please email or mail me issues of vital importance so our parish delegates can present them to our Hierarchs and the SOBOR body of delegates!

NATIONAL SUICIDE AND CRISIS HOTLINE

Dial 988 on your phone or text 988!
Please pass on to your kids and grandkids.
www.988lifeline.org

COFFEE HOUR & FELLOWSHIP

after Liturgy in the Church Hall
Please volunteer to be a sponsor!
Sign-up sheets are at entrance to
Church Hall. **Thank You So Much!**



Contributions for Ukrainian humanitarian
aid can be made via uocofusa.org or UOC
of USA, Let's Help Ukraine, PO Box 495
South Bound Brook, NJ 08880

September 25th - Attendance: 35

Recently I heard the song "Try to Remember" on social media. Some of the lyrics are: "Try to remember the kind of September, when life was slow and oh so mellow. Try to remember the kind of September, when grass was green, and grain was yellow." It was first sung by the actor Jerry Orbach in the 1960 off-Broadway musical "Fantasticks" and later by Jonathan Morris in the 1995 movie version. Many of us have been having hard times the past few years. I don't know of anyone who hasn't been affected by Covid. I have had the flu three times and several ear and sinus infections. Inflation is the highest in 40 years and many states are being inundated with immigrants. Russia's invasion of Ukraine is still happening, but the Ukrainian army has captured back some of the Russian-occupied territories, only to discover inhuman atrocities inflicted upon citizens. Droughts and floods are occurring in many parts of the world. We may be wishing for happier times. No matter what our situation is, we cannot change the past nor predict the future. What we can do is examine our lives and ask for God's wisdom and mercy. Psalm 90 says: "Lord, You have been our refuge through all generations. Before the mountains were born, the earth and the world brought forth, from eternity to eternity You are God. A thou-sand years in Your eyes are merely a yesterday...Seventy is the sum of our years, or eighty, if we are strong; Most of them are sorrow and toil: they pass quickly, we are all but gone...Teach us to count our days aright, that we may gain wisdom of heart...Make us glad as many days as You humbled us, for as many years as we have seen trouble... May the favor of the Lord our God be yours. "This September saw the passing of Queen Elizabeth II into everlasting life. When someone dies, we say "Memory Eternal. "What does this mean? It is based on Ps 112:6." They shall never be shaken; the just shall be remembered forever". Father Raymond J. de Souza wrote a commentary on this service in the National Catholic Register, September 19, 2022, (on-line). He stated that her funeral was a model for how Christian funerals should be conducted. The Archbishop of Canterbury preached a magnificent homily that presented the Queen as a disciple of Jesus first and a ruler second. There were no speeches from secular individuals. The Catholic Church was well-represented with readings done by the Cardinal of Westminster and a few Catholic Archbishops. Cardinal John Henry Newman's evening prayer was included. The ceremony was rich with Tradition. Even the kontakion from the Byzantine funeral service was sung in Kyivan Chant. We learn from what has gone before us, good and bad, and be-longing to a Tradition allows us to create a vision for the future. Our call from Christ is to follow Him and take up our cross. We are created in the image and likeness of God. In Metropolitan Kallistos Ware's article Tradition and Creativity, he states that per-sons need ever-increasing creativity in facing an unknown future. Scripture states that we are already children of God; what we shall be has not yet been revealed (1 John 3:2). St. Paul (Phil 3:12-14)wrote that we should forget the past and look forward to what lies ahead. However, Tradition gives us a clear sense of the vocation we have in Christ. (Sister Vassa Larin; podcast, September 12,2022). Among the first feasts of this Church New Year was the Nativity of the Theotokos on September 8. This was followed by the Feast of the Dedication of the Church of the Resurrection. on September 14 we celebrated the Feast of the Exaltation of the Cross. Next came the Feast of the Protection of the Most Holy Theotokos on October 1. At the beginning of the Church year these feasts remind us that the birth of Mary paved the way for her Son Jesus, Who died on the cross to save us from sin and death. We can call upon her for her protection. As I grow older, I find that my memory is not as sharp as it used to be. I often can't remember why I walked into a room to look for something or what I had for dinner last night. However, sometimes I remember things from my past (good or bad) that I not thought of for a long time. For morning prayer, I pray Psalm90: "Lord You have been our refuge through all generations. Be-fore the mountains were formed, from all eternity, You are God. Our evils lie before You Who scrutinize our hidden sins. Our years are gone in no time. Seventy is the sum of our years, or eighty if we are strong. Most of them are sorrow and toil; they pass quickly, we are all but gone. Fill us at daybreak with Your love. May the favor of the Lord be upon us". Try to remember how God has blessed us in the past. He will continue to do so now, and in the future, if we remain faithful to Him. Henry Peresie